

New Medication Research Study for Treating Combat Stress-Related Nightmares!

Purpose

To test whether a medication used to treat high blood pressure also reduces nightmares from combat experiences.

Can I Participate?

You may be eligible to participate if:

- You are an OIF/OEF veteran with combat experience.
- You are having combat-related nightmares.
- You receive your healthcare at WRAMC and are less than 51 yrs old.



What are the Possible Benefits?

We believe that the medication will significantly reduce your nightmares. You will be carefully monitored by the study treatment providers, and we will be happy to talk with your doctor about your continued care. If the medication works with you as it has done for older veterans, then your participation will help DoD provide cutting-edge care to its service members. If you are retired military or a male over 40 years old, you will receive some financial compensation for your participation.

What are the Risks?

All medications have side effects. Although people have reported that the medication side effects in this study are generally mild and tolerable, some people are much more sensitive to medication than others. Also, you may experience withdrawal symptoms if you stop the medication abruptly. Our providers will work with you to minimize any potential complications.

We will make every effort to ensure that your participation in this study is kept confidential under military policy, but we will have to put a note in your medical record indicating that you are taking a medication for a research study.

Because this is a research study, we will need to examine how much better the research **study medication** (called prazosin) is from another medication (called paroxetine) used to treat these symptoms. We also need to see how much better the medication is from a placebo. Therefore, you may be taking prazosin, paroxetine, or a placebo, but you won't know what medication you are taking until after the study is over. This ensures that we are objective in seeing how well the medication works.

What is the Time Commitment?

You will have to come into our clinic at WRAMC (Building 2, Room 3G04) 14 times (roughly once per week) to see how well the medication is working. Most visits will be about 30 minutes, but 3 visits will require about 2 hours of your time. Weekly group therapy will be available to you.

More Information

If you would like to participate in this study, please call Ms. Phoebe Kuesters in the Deployment Health Clinical Center at 202-356-1012 x40315.



This research study is being conducted by COL Charles C. Engel, MD, MPH, MC, USA, (202-782-8064) Director of the Deployment Health Clinical Center at Walter Reed Army Medical Center (www.PDHealth.mil), in collaboration with researchers from VA Puget Sound and Madigan AMC.